



Daily update
(14 January 2026, 11.00am)

Topics in this Core Brief include:

- [Public Protection Service: New Learning and Education Training Sessions](#)
- [Let's Talk About... Staff Wellbeing Webinars – Bite-Sized Support, Big Impact](#)
- [First Glasgow - service revisions](#)

Public Protection Service: New Learning and Education Training Sessions

February – March 2026

Training sessions will be delivered remotely via MS Teams and can be booked by accessing the online catalogue via:

<https://eess.mhs.scot.nhs.uk>. Medical/General Practice staff who do not have an eESS account, please email: ggc.cpadmin@nhs.scot with the course name(s) / date(s) you wish to attend.

All participants will require access to a digital device e.g. laptop or phone to join the training session. An MS Teams link will be sent directly to you one week prior to the session. Please ensure that your email address and contact details on eESS are up-to-date in order that the link can be sent.

Please note: If you require support to access or update your eESS account please contact the eESS team via the [HR Connect Portal](#) / tel. 0141 278 2700 (Option 5) or view the guidance on NHSGGC Staffnet Hub.

Child Protection Level 3 – “Your Roles & Responsibilities”

• Wednesday 11 February 2026	2.00pm – 4.00pm
• Wednesday 4 March 2026	2.00pm – 4.00pm

Adult Support & Protection Level 3

• Wednesday 18 February 2026	2.00pm – 4.00pm
• Thursday 19 March 2026	2.00pm – 4.00pm

Let's Talk About... Staff Wellbeing Webinars – Bite-Sized Support, Big Impact

Looking after your wellbeing at work can feel difficult, especially when life is busy unpredictable or stressful.



That's why we run the **Let's Talk About... Staff Wellbeing** webinars – a series of short, accessible 20-minute sessions designed to give you practical tools, psychological insights and helpful signposting in a supportive online space. These sessions are run by the Occupational Health Promotion Group, bringing expertise in staff wellbeing and practical support.

These webinars aren't about theory or tick-box exercises - they're about real actionable steps you can take to support yourself and others. Previous participants have told us things like:

- "I was encouraged to try small things and celebrate those achievements – it made me think less about what I can't do and more about what brings me joy."
- "Clear and concise, with lots of practical links – it felt genuinely supportive."
- "It's helpful to know there's support out there and that you're not alone."

Over **3,500 staff have already booked a session**, and more than 90% say they would recommend these webinars to a colleague or plan to attend another session themselves. That makes it a trusted and safe space to pause, reflect and take small, meaningful steps for your wellbeing.

Whether it's exploring sleep, stress, self-care, mental health, or supporting colleagues these webinars are short, practical, and open to all staff.

Our sessions for 2026 can be booked below:

- [Lets talk about... Your vital 5](#): 29 January, 1.00pm
- [Lets talk about... Cancer, Colleagues and Compassion](#): 23 February, 11.00am
- [Lets talk about... Tired? Understanding and Improving Your Sleep](#): 26 March, 1.00pm

Recordings of past webinars can be watched on the [webinars SharePoint](#).

First Glasgow - service revisions

From 18 January 2026, First Glasgow are making changes to a number of their services, including 38, 38a, 38b, 38c, 38e, 57, 57a, 77 and X11.

In addition, from this date, service 77 will operate 24 hours a day between QEUH, Partick and Glasgow City Centre. More information is available from [First Glasgow](#).

Staff are reminded to make sure their [personal contact details](#) are up to date on eESS.

It is important to share Core Brief with colleagues who do not have access to a computer.
A full archive of printable PDFs are available on [website](#)